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GIO DONE FOR THE SEASON

The Calgary Flames captain and all-star defenceman Mark Giordano was shelved for the year after the team said the rearguard had suffered a torn biceps tendon. See story, page 26. For local reaction, see page 6. JEFF MCINTOSH/THE CANADIAN PRESS

Mental health support for kids reaches milestone

Opening doors. Hope is children will get the help they need at a younger age

Getting to kids early and working to keep the whole family healthy are being touted as keys to improving access to mental health services for Alberta's youth.

In the final quarter of 2014, 93 per cent of children in need of mental health counselling, treatment or other services were reached within 30 days. The mark was a milestone of sorts, as it was the first time Alberta Health Services had crossed the 92 per cent target it set out in a five-year health action plan released in 2010.

But much work still remains, according to Laura Calhoun, the provincial medical director for addiction and mental health.

"We would certainly like to have more capacity in the programs we have," she said. "We'd like to have a counsellor in every single school."

Currently, there are 79 counsellors provided by AHS in Alberta schools and dozens more are targeted through prevention and promotion work.

The hope is that children will get the help they need at an early age and, at the very least, if problems persist into the later developmental years, they will at least know where to turn for help.

Calhoun said there does appear to be an increase in youth suffering from depression and anxiety disorders, but said it's difficult to quantify because more youngsters appear willing to come forward.

"There's just a bit less stigma," she said. "People are coming forward more, the door's opened a bit."

For the entire 2013-14 year, 87 per cent of children were offered scheduled mental health services within 30 days.

JEREMY NOLAIS/METRO

New services aim to appeal to youth in need, see story page 8.

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Co-accused claims dying dog wasn't abandoned

Animal welfare.
Three charged face jail time in case of severe animal neglect

JEREMY NOLAIS
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Ruby, also known as Breezy, seen shortly before her death in September. The Calgary Humane Society claims the wounds and condition of the bulldog stemmed from one of the worst neglect cases the organization has seen. Among those accused is Jamie O'Leary, inset. PHOTO COURTESY CALGARY HUMANE SOCIETY; INSET: FACEBOOK

One of three dog owners charged in a severe case of animal neglect claims a now-deceased bulldog suffered from an infection as well as a severe skin condition, but was never harmed inside her Calgary home.

On Monday, the Calgary Humane Society announced it was charging Michelle Caswell, daughter Janice Piper and her spouse Jamie O'Leary in connection with a case involving a dog that veterinarian staff came to know as Ruby.

The organization has said previously that Ruby was found by a Good Samaritan while she wandering near an Ogden-area strip mall on Sept. 5. She was rushed to a vet and found to be starving, missing much of one ear and had large wounds on her hind legs and infections in both eyes.

In an interview Monday, however, Caswell said the dog, which they called Breezy, suffered from a severe skin condition and a long-standing bladder infection that her previous owners didn't disclose when she was purchased a year prior.

"People with low incomes and vet bills so high … yes, it's a sad situation. I'm not going to say that it's not, and my daughter co-operated fully with (the humane society) and police," Caswell said, later adding, "She (Breezy) had an infection for a long time."

Contrary to the humane society's case, Caswell claims members of her family dropped Breezy off at a veterinary clinic.

Investigators, meanwhile, allege that seven other dogs found in Caswell's home during a search were also suffering from various stages of neglect.

"The majority of them did not have access to water and there was an issue with dirty conditions as well," peace officer Lisa Callow said Monday.

O'Leary was previously found guilty in 2011 of allowing an animal to be in distress after a pitbull-cross in his care was mauled by another dog. He was charged under the Animal Protection Act and fined $2,000.

The charges both he and Piper face now are more serious Criminal Code violations and could result in up to five years in prison or another $2,000 fine, Callow said.

The peace officer said ongoing court proceedings prevent her from specifying if any of the animals in Caswell's home were injured.

O'Leary's Facebook page lists him as being "self-employed" and includes numerous photos of dogs. Some of the photos date back as far as 2010 and also have a price written in the caption area. He also appears to have previously run a now-defunct website at flippedoutbulliez.com.

Caswell declined to address questions about O'Leary's past. She did say she's surrendered three dogs but maintains all of the animals in her possession were cared for "very well."

"I've got vet records for every one of my dogs," she said.

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Mayor's defamation trial to be decided by a jury

Naheed Nenshi.
Defence team reveals witness list that includes Preston Manning

ROBSON FLETCHER
robson.fletcher@metronews.ca

A judge decided Monday that Mayor Naheed Nenshi's defamation trial should be heard by a jury — a rarity in civil cases — and the mayor's defence team revealed its plan to call several high-profile witnesses, including Preston Manning and Jay Westman.

The former leader of the Reform party and the CEO of Jayman MasterBUILT were among "a number of potential witnesses" named in an application filed Monday and "mentioned verbally by our lawyers" in open court, said Chima Nkemdirim, Nenshi's chief of staff.

Shane Homes CEO Cal Wenzel, left and Calgary Mayor Naheed Nenshi. METRO FILE

Nenshi is being sued by prominent homebuilder Cal Wenzel, CEO of Shane Homes, over public comments the mayor made relating to a leaked video in which Wenzel appears to be talking with others in his industry about how to get like-minded members elected to city council ahead of the October 2013 municipal election. Part of the video shows Wenzel discussing how "11 of us" in the industry each made $100,000 donations to the Manning Centre, an organization founded by Preston Manning and aimed, in part, at training conservative-leaning candidates for municipal elections.

Wenzel filed a $6-million defamation suit against the mayor in November 2013, claiming the mayor's comments made Wenzel the subject of "ridicule, hatred and contempt" and caused him "emotional distress and humiliation."

The mayor's statement of defence argues his comments were justified or fell under the realm of fair comment and were made "in good faith and without malice upon true facts, on matters of public interest."

Nenshi also publicly described Wenzel's legal move as a "strategic lawsuit against public participation" and an attempt to silence critics through legal and financial intimidation.

As civil juries are quite rare, Nkemdirim said Nenshi would also be required to pay a deposit of "several thousand dollars" to have one for the trial, but not right away.

"The judge also agreed (Monday) to defer the deposit because the mayor has been paying these (legal) bills on his own," Nkemdirim said.

If there is no out-of-court settlement, the trial would likely take place some time in 2016.

Health. No new funding for midwives

Despite an overwhelming demand across the province for more midwives, Alberta's health authority won't be dishing out more funding for the alternative birthing service as it negotiates a new agreement.

At the end of the month, the Memorandum of Understanding between the Alberta Association of Midwives and Alberta Health Services expires. While both groups are currently negotiating a new deal, the province won't be increasing the level of funding.

"The fiscal climate in Alberta has experienced a rapid downward change in the past two months. Those circumstances have an impact on how much funding various programs or services receive," said AHS spokesperson Kerry Williamson in an email.

AAM president Joan-Margaret Laine said demand for midwife services "considerably" exceeds the supply

"There are wait-lists at every practice in the province," she said. "There are some areas of the province where women don't even bother applying if there are not midwives that are serving that area."

LEAH HOLOIDAY/METRO

Co-housing enthusiasts aim for self-sufficience

The Foothills Rural Co-Housing group meets weekly to talk of their dream to build a community together. FACEBOOK

City dwellers hoping to live "off the grid" may have the chance to join a unique co-housing opportunity just outside the city.

It's called the Foothills Rural Co-Housing initiative, and the group of five families are looking to grow into a self-sufficient community together in a space they can call home. They're hosting an open house this month to invite more people interested in alternative lifestyles to join the efforts to build a neighbourhood.

"Physically it's people owning their own homes, and in this case we would co-own land around that," said community member Sanna Darby. "People are building a neighbourhood in a rural setting where they actively participate in how it's designed and how it's run."

Darby said she expects this arrangement will be more cost effective than mainstream living, with each person sharing both the cost of their own home and a central community building. Once settled, the group will try to generate its own electricity, collect rainwater and raise animals to supplement food the families may need.

Darby said her adult son and partner are interested in the project and will join them along with her two other kids and husband. HELEN PIKE/METRO

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Prentice tough on public-sector workers

Labour. Legislation hasn't been revamped in decades: Minister

RYAN TUMILTY
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The Alberta government will be less generous with public-sector workers, but they could soon have broader rights to strike under proposed changes Premier Jim Prentice announced Monday.

Prentice announced a new working group that would look at centralizing the collective bargaining process to make sure the province isn't forced to pay unsustainable increases.

"It hasn't worked well in the past. There hasn't been enough co-ordination. There hasn't been enough discipline," he said.

Prentice said that over the next three years, the province is already on the hook for $2.6 billion worth of wage increases.

"Successive governments have repeatedly approved costly wage increases over the last 10 years, leaving taxpayers on the hook," he said.

Prentice said he also wants to work with public-sector unions to define which employees are considered essential, which would allow some workers to go on strike. Currently, Alberta labour legislation avoids strike or lockout through the use of binding arbitration. Labour minister Ric McIver said it is past due for an update.

"The legislation we have right now for labour hasn't been revamped in decades, and so it's time to look at it," he said.

Alberta Federation of Labour president Gil McGowan said public-sector workers make more than their counterparts in other provinces, but so do all workers.

He said the real problem is revenue, which Prentice should address.

"Let's fix the real problem, which is irresponsible tax and royalty cuts over 20 years," he said.

Premier Jim Prentice. METRO FILE

Gang war. Man pleads guilty to two murders

A man has admitted to two slayings related to a gang war in Calgary that went on for a decade.

Nathan Zuccherato has pleaded guilty to first-degree murder in the death of Kevin Ses and to the second-degree murder of Tina Kong.

The pair was gunned down at the Food Inn East restaurant in Calgary's northeast in 2008.

Ses was believed to be a "loose associate" of one of the gangs, while Kong was an innocent bystander.

Zuccherato also pleaded guilty to the attempted murder of another man who was shot in the skirmish.

Fellow gangster Thoai Van Luc pleaded guilty to two counts of manslaughter.

The two accused were charged in July 2013 following a police investigation dubbed Operation Desino. Five men were charged in six murders, including the slayings of two gang rivals and an innocent bystander at the Bolsa restaurant on New Year's Day 2009.

That same month, one of the accused turned on his former associates in exchange for an agreed sentence of 16 years.

Michael Roberto pleaded guilty to five charges of conspiring to commit murder and committing murder for the benefit or at the direction of a criminal organization.

He admitted to walking into the Bolsa restaurant and fatally shooting rival gang member Sanjeev Mann.

Another gang member, Aaron Bendle, and innocent bystander Keni S'ua were also killed.

The restaurant shootings were among many involving the criminal gang FOB and its sworn enemies the FOB Killers. THE CANADIAN PRESS

Calgary stabbings

Court full as preliminary hearing starts

Several people wept softly and dabbed away tears in court Monday as the preliminary hearing began for a man accused in Calgary's worst mass homicide.

It was standing room only in the courtroom, which was jammed with friends and family members of five young people who were stabbed to death at a house party near the University of Calgary to mark the end of the school year on April 14, 2014.

Matthew de Grood, 23, is charged with five counts of first-degree murder.

THE CANADIAN PRESS

Vehicle fires

Police probe arson at impound lot

Calgary police are looking for two males believed to be involved in a fire at the Calgary impound lot.

Police were called to the 400 block of 39th Avenue S.E. just before 2:50 a.m. following reports of two men in dark clothing setting fire to three vehicles, "causing extensive damage," according to Det. Martin Taylor.

Taylor said the pair was seen leaving the area on foot. Police dogs were able to follow the trail, but it "ends all of a sudden, so it appears they got into a vehicle and left the scene."

There are no suspects in custody, and the investigation is ongoing. METRO

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The Calgary Flames' Mark Giordano collides with the San Jose Sharks' Melker Karlsson during the first period of their NHL game Feb. 9 in San Jose, Calif. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Flames fans' playoff hopes fall with Giordano

Surgery. Veteran defenceman out for four to five months, ending season

ROBSON FLETCHER
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News that Calgary Flames captain Mark Giordano would miss the rest of the NHL season with a torn biceps tendon came as a devastating blow Monday to the hopes of fans that their team might actually make the playoffs this year.

"Honestly, the team has shown such resiliency and I don't want to be a downer about it, but I think that's it for the playoff race," said LaToya Wilson, adding that Giordano was the "heart and soul" of the Flames.

"When he got injured last year, the team was terrible," she said. "It's clear just how big of a player he is for them."

Josh Antonishyn wasn't quite ready to write off the post-season just yet, but said the Flames "now have a substantial void to fill," with Giordano, a 31-year-old veteran defenceman, out of the lineup.

"If they are hoping to make the playoffs, other D-men are going to have to step up and try their best to fill Gio's position," he said, adding that 24-year-old T.J. Brodie, in particular, will likely need to play a bigger role down the final stretch of the regular season.

"If the Flames are going to make the playoffs they need to bear down and really push hard for the (win) every game because the west is extremely tight and guaranteeing a playoff spot in their conference is hard to come by," he said.

Wilson said Giordano's injury is especially unfortunate given how good of a season both he and the Flames have had so far.

"He's been having a career year and I really think he could have won the Norris Trophy (for outstanding defenceman)," she said.

Stats

As of Monday, defenceman Mark Giordano had 11 goals and 37 assists, tying him for the scoring lead on the Flames roster with centre Jiri Hudler, who also had 48 points.

- In terms of plus/minus, Giordano's +13 rating was also second on the team, behind fellow blue-liner T.J. Brodie's +23.
- Giordano was also second on the team in terms of ice time, logging 25 minutes and 10 seconds per game, on average, just behind Brodie — by one second.

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Homelessness plan in need of 'fine tuning'

Revision. CEO dedicated to 're-investing and redirecting resources' if current programs are falling short of the mark

ROBSON FLETCHER
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New data and "tough decisions" will guide a revamp of the 10 Year Plan to End Homelessness, now seven years in, says the CEO of the Calgary Homeless Foundation.

"We're going to put our emphasis on making sure we continue to do what we know is working," Diana Krecsy said Monday. "If we've got programs or things that we know, over time, haven't been giving us the same outcomes as other, more successful things, then I'm re-investing and redirecting resources."

Calgary Homeless Foundation CEO Diana Krecsy ROBSON FLETCHER/METRO

On Tuesday, the Calgary Homeless Foundation will reveal its updated plan at an event it's calling "The Great Big Summit," where more than 400 people are expected to attend.

"Every aspect of the Calgary community has got to be involved and we've got a way for them to be involved — every one of them," Krecsy said.

The revised plan will involve more of a "fine tuning" than a complete overhaul, she added, but it won't spare funding cuts from some programs if there isn't data to support continued spending in those areas.

"We're seven years in now and we're not basing it on what other cities have done," Krecsy said. "We're looking at our HMIS (Homeless Management Information System) data, our programs, our Calgary solutions."

Despite little change in the point-in-time counts of homeless people conducted since 2012 in Calgary, Krecsy said she remains convinced it's possible to reach the goal of eliminating "chronic homelessness" in the city by 2018.

The Calgary Homeless Foundation, which gets the bulk of its funding from provincial and federal grants, distributed $34.3 million to dozens of agencies in the city last year.

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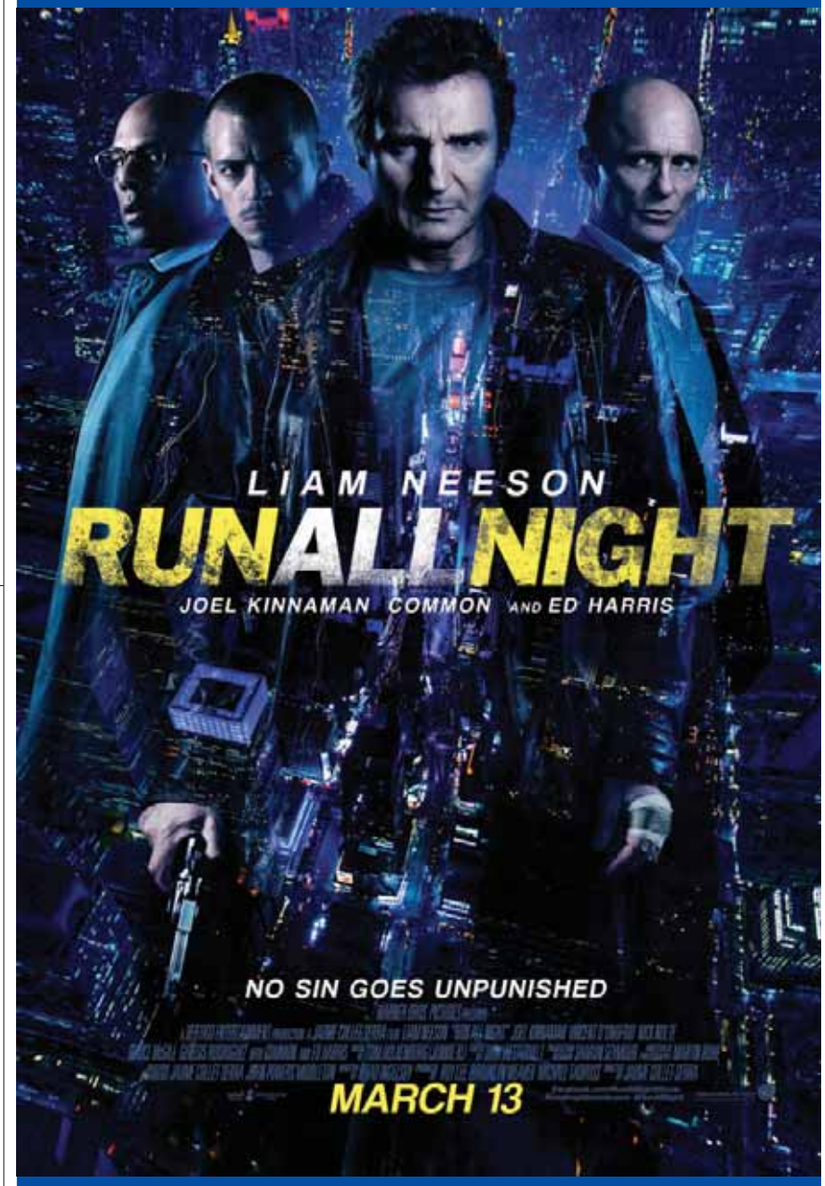

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Distress centres much more than just a phone call away

Tech outreach. Teens in need more likely to text or chat online

Michelle Wickerson, senior manager of organizational performance for Distress Centre Calgary, said her group is expanding its online chat times and has seen a surge in teens using text messaging to reach out for help. ROBSON FLETCHER/METRO

Teens in need are more often flipping open their computers or relying on their thumbs rather than their voices to reach out.

In 2013, Distress Centre Calgary became the first crisis centre in the country to launch a text-message service. Last year, popularity of the program, known as ConnecTeen, shot up 194 per cent.

"It's not to say that we're getting so many more teens contacting us, it's just a preferred means of communication," said Michelle Wickerson, senior manager of organizational performance. "Our phone contacts with youth have been totally dwindling ... the way we look at it is we want to reach out to them in whatever way is going to be easiest for them to access."

The centre also offers an online chat service daily from 5 to 10 p.m. and is working on building up its volunteer base to expand the service to 3 p.m. to midnight by the end of the first quarter.

The chat offering is more time consuming, according to Wickerson, with some conversations spanning an hour or more, where a call would last 10 to 20 minutes.

But the key, she said, is to "make the experience as welcoming and as easy and comfortable as possible for them," as the centre is often the first place a teen may turn for help.

Still, Wickerson said the centre is "one small piece of the puzzle" and the hope is that a good experience will give the youth the confidence to seek further help.

"As a crisis service, the stakes are pretty high," Wickerson said.

At Edmonton's Crisis Support Centre, executive director Nancy McCalder said there has been an increase in youth users accessing the groups' programming over the last two years.

In 2013, youth made up 14 per cent of crisis chat calls and in 2014 it was 21 per cent.

While the centre doesn't necessarily target a younger demographic, McCalder said they do hear from teens in a number of different ways.

"Youth, we know, will try and reach out in ways that are different from the telephone because we know they're not necessarily comfortable on the phone," she said. JEREMY NOLAIS/LEAH HOLOIDAY/METRO

Contact

You can contact Distress Centre Calgary 24 hours a day at 403-266-HELP.

- ConnecTeen can be reached by calling 403-264-TEEN or texting 587-333-2724.

Real estate. Listings go up as sales decline

Listings are way up while home sales are down and prices are dropping, according to the latest data from the Calgary Real Estate Board.

The inventory of homes for sale in Calgary in February rose to 5,474 units — more than twice the level of February 2014, according to CREB.

There were 1,217 home sales in February, meanwhile, marking a 34 per cent drop over the sales activity in the same month last year.

The average sale price also dropped to $462,294, marking a year-over-year decline of 4.2 per cent. The median sale price dropped 1.2 per cent to $420,000.

"While sales fell across all product types, the rate of decline was higher in the apartment and attached sectors of the city," CREB said in a release.

The average sale price of attached homes dropped six per cent to $407,265 while apartment-style homes (condos) dropped 5.6 per cent to an average of $308,942.

CREB chief economist Ann-Marie Lurie said it's still unclear what long-term impact the depressed price of oil will have on Calgary's real estate market.

"Expectations vary significantly when talking about the impact that lower oil prices will have on the housing market," Lurie said.

"This wide range in forecasts is often related to assumptions about how long the cycle will last and the resulting impact to employment and net migration." METRO

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Jennifer Howse, education specialist at the Rothney Astrophysical Observatory, can be seen in front of the 1.8-metre Sandy Cross Telescope, one of four telescopes located at the facility. She says social media has helped dispel myths about peculiar activity in the night sky while enabling the observatory to get important information to its patrons. MORGAN MODJESKI/METRO

Citizen scientists boosting interest in astronomy

Stargazing.
Smartphones, social media users helping Calgary physicists evolve their research

MORGAN MODJESKI
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Social media and citizen scientists are helping local physicists take their research to new heights.

In a world where almost everyone has a camera in their pocket, getting an amazing photo of a harvest moon or a meteor shower has never been easier.

Now, scientists and stargazers are using the power of the Internet to boost both interest in astronomy and their research.

Collecting images from 30 cameras stationed across Canada's North, Emma Spanswick, an associate director at the University of Calgary's Auroral Imaging Group (AIG), is part of two projects collecting "very valuable" data from the masses.

Alongside the Aurorasaurus project, which uses Twitter to track the location of aurora, the AIG is preparing to launch a new project, called the Auroral Zone, which is asking the public to help to analyze massive amounts of data.

Jennifer Howse, an education specialist at the Rothney Astrophysical Observatory, says social media is also helping debunk some extraterrestrial explanations.

"I'm a little bit disappointed when people say right away, 'Oh, they saw a UFO,' when they see some sort of light or something that's acting oddly in the sky," she said.

"By taking an image of it, then you can pretty much find out what you're observing really quickly and there's probably 100 different objects that it could possibly be.... So, I've been finding that I'm getting less UFO calls."

"I think it fuels a lot more interest in science as opposed to the paranormal."

Not suspicious

Police confirm discovered body belongs to missing elderly woman

Police say a body found Monday is that of an elderly woman who went missing late Sunday.

Elsie Menzies, 86, wandered away from her family while at the Safeway located at 5005 Dalhousie Dr. NW.

Menzies suffered from dementia.

On Monday morning, police received a call after a body was found.

Formal identification has yet to take place, but indications are that it is Menzies.

Police say they believe the event is tragic but don't suspect anything suspicious.

METRO

Crime

Local man charged after woman returns home to find him inside her house

A Calgary man has been charged after allegedly breaking into a woman's home last month.

The woman returned to her home on Township Road 290 on Feb. 20 to find a man searching through her belongings.

He quickly fled the scene but the woman saw his vehicle's licence plate and reported it to the Airdrie RCMP.

Michael Lane, 47, was identified as the owner of the car and has been charged with break-and-enter, theft and possession of stolen property.

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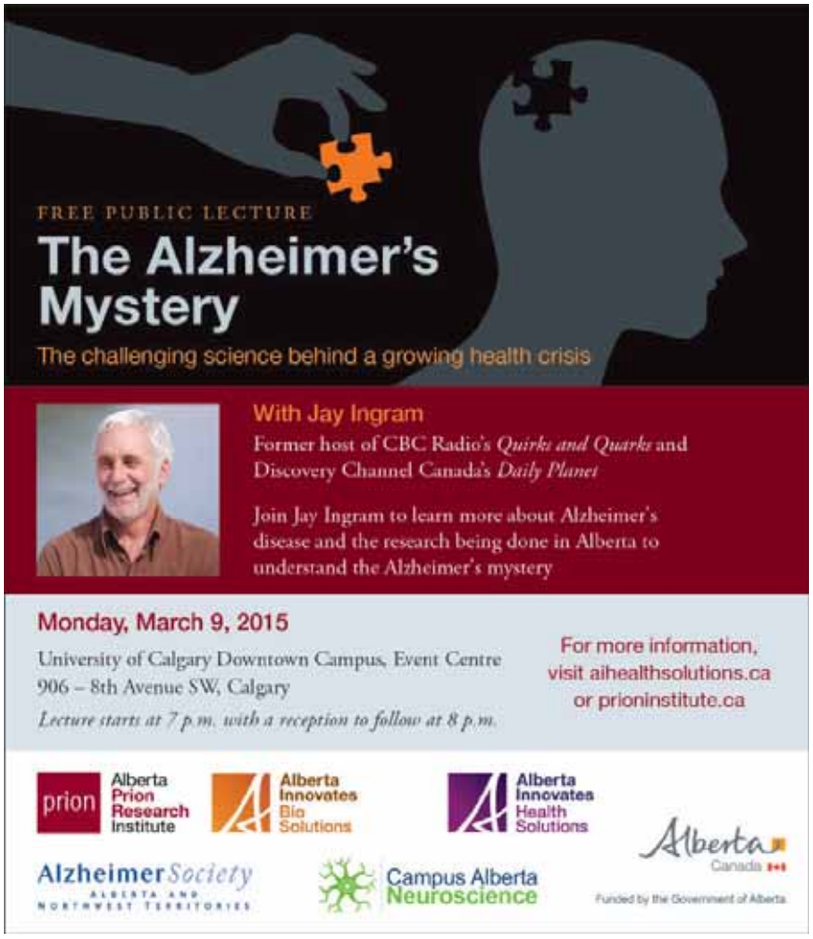
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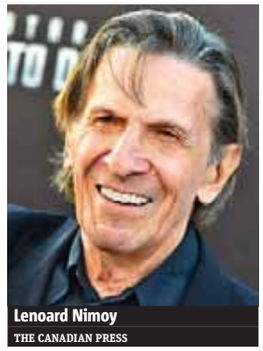
'Vulcanized' bills not illegal: Bank

Leonard Nimoy. The legendary Star Trek actor's fans posted images of the altered $5 banknotes online following his death


Lenoard Nimoy
THE CANADIAN PRESS

It turns out there's not a lot of logic in the belief that it's against the law to Vulcanize Wilfrid Laurier's likeness on the $5 bill.

The death of Leonard Nimoy last week inspired people to post photos on social media of marked-up banknotes with the former prime minister morphed into Spock, Nimoy's famous Star Trek character.

For years, Canadians have used pens to doodle Spock's pointy Vulcan ears, sharp eyebrows and signature bowl haircut on the bill's image of Laurier.

Contrary to what many believe, the Bank of Canada said Monday it's not illegal to deface or even mutilate banknotes, although there are laws that prohibit reproducing both sides of a current bill electronically.

Nonetheless, bank spokeswoman Josianne Menard pointed out there are reasons to resist the urge to scribble on the Canadian bills.

"The Bank of Canada feels that writing and markings on bank notes are inappropriate as they are a symbol of our country and a source of national pride," Menard wrote in an email.

Following Nimoy's death Friday, social media users posted their own versions of Laurier's Vulcan makeover to honour the actor.

"Spock your $5 bills for Leonard Nimoy," a group called the Canadian Design Resource tweeted alongside its depiction.

The online images of the altered bills circulated widely and attracted international media attention to something many Canadians were already familiar with. So it wasn't exactly a place that no Canadian had boldly gone to before.

Calgary artist Tom Bagley, who posted his own Spock-Laurier hybrid on Facebook and Flickr after Nimoy's death, described it as an old bar trick to impress waitresses.

THE CANADIAN PRESS

"If you want to make the world a better place, this is the point at which you start" Stephen Kaiswatum

Stephen grew up in government care and learned early the value of caring adults in his life. With the support of amazing mentors, and a personal drive to create a bright future, Stephen is now in University and caring for his younger brother. Together with other leaders in our community, Stephen is spreading the word that mentoring can change the course of person's life.

Our youth come from all ethnicities, backgrounds and personal circumstances. In Calgary and area, young people are waiting for a volunteer to step forward and be their friend. If you have a couple of hours a week and want to make a difference, please join us.

#8000Mentors #MentoringMoments Albertamentors.ca

TransCanada
Alberta Government
Alberta Mentoring Partnership
Big Brothers Big Sisters of Calgary and Area

Toronto tunnel. Mystery 'hangout' no threat: Police

A mystery tunnel discovered near a Pan Am Games venue in north Toronto was built by two men who wanted a place to "hang out," police said Monday.

The pair, who were tracked down thanks to public tips, told police they built the tunnel for "personal reasons." Their explanation has been verified, Const. Victor Kwong said.

Kwong said police have determined there was no criminal intent or danger to the public. No charges will be laid.

Toronto bylaw enforcement said digging on city land would be considered trespassing, which is enforced by police.

Police are not releasing the men's names or any further details since the case is not a criminal investigation, but Kwong said the men have no connection to York University or the Pan Am Games.

A Toronto police photo of the tunnel found near one of the venues for this year's Pan Am games. COURTESY TORONTO POLICE/THE CANADIAN PRESS

THE CANADIAN PRESS

Thailand

Quebec sisters likely poisoned by pesticide: Coroner

A Quebec coroner has concluded two sisters found dead in their hotel room in Thailand in 2012 were probably intoxicated by phosphine, a strong pesticide. The same pesticide was also believed to have been responsible for the recent deaths of two children in northern Alberta. The report describes phosphine as a pesticide that "kills everything that lives, everything that breathes."

THE CANADIAN PRESS

Human-rights shrine bans use of selfie-stick

Self-portraits. The Canadian Museum for Human Rights says the ban will ensure the safety of the museum's visitors and its exhibits

Chris White-Ferrell takes a selfie using a selfie stick outside the Canadian Museum for Human Rights on Monday afternoon. The museum has banned the use of selfie sticks inside the building. SHANE GIBSON/METRO

The Canadian Museum for Human Rights in Winnipeg is joining renowned museums around the world in banning the use of selfie sticks.

The sticks are the extendable poles that hold a camera or smartphone beyond arm's length to help take group photographs or pictures of one's self.

Maureen Fitzhenry, a museum spokeswoman, says one of the main reasons for the ban is the safety of museum visitors and exhibits.

Fitzhenry says the facility is also concerned about the devices posing an obstacle to other visitors and in maintaining a respectful environment, given the content of some of the exhibits.

Selfies are still allowed, but the museum asks visitors to keep to hand-held, flash-free photography and doesn't allow the use of camera tripods.

Fitzhenry says the museum hasn't had any trouble with people using the sticks so far.

In February, the Metropolitan Museum of Art in New York barred visitors from using the devices, fearing they could damage artworks.

The Met's decision followed a string of U.S. institutions outlawing selfie sticks, including New York's Museum of Modern Art, the National Gallery of Art in Washington and the Museum of Fine Arts in Houston.

THE CANADIAN PRESS

Severe climate change one factor in Syrian revolution, new study claims

Drought. Damaging four-year dry spell forced farmers to move to poverty stricken cities

The extreme drought that wreaked havoc on Syria between 2006 and 2010 was exacerbated by climate change, and that drought may have helped trigger the country's 2011 revolution, says a provocative new study.

The revolution has since evolved into a complex war that has killed at least 200,000 people, displaced millions and involved many countries. It has also led to the birth of the Islamic State, the brutal terrorist organization that controls vast areas of Syria and Iraq.

"We are not saying climate change caused the uprising," said Colin Kelley, a climatologist at the University of California, Santa Barbara, and lead author of the study. "What we are saying is that this multi-year drought was made more severe due to this long-term trend and that led to this chain of events."

The study was published in the journal Proceedings of the National Academy of Sciences on Monday.

Researchers say the multi-year drought, the worst ever recorded in the region, wrecked agriculture in the breadbasket region of northern Syria, driving farmers and their families to cities where poverty and mismanagement by the Bashar Assad government was rampant. This migration came on the heels of more than 1.5 million Iraqi refugees fleeing war in their country and making home in Syria, pointed out Kelley.

"The urban population increased by 50 per cent in eight years. That is a tremendous strain on existing resources," he said. The uprising happened directly after that, he said. Droughts have been a recurring phenomenon in the Mediterranean region, including substantial ones in the 1950s, 1980s and 1990s, but concern is rising that man-made climate change is intensifying their frequency and duration. The area called the Fertile Crescent — parts of Turkey and much of Syria and Iraq — has undergone warming of 1 to 1.2 degrees Celsius and approximately a 10 per cent reduction in wet-season precipitation since 1900, say researchers. This trend is in line with models of human-influenced global warming, said Kelley.

The region is expected to get drier and hotter.

TORSTAR NEWS SERVICE

Eastern Europe

Ukraine-conflict body count: 6,000

More than 6,000 people have died in eastern Ukraine since the start of a conflict that has led to "devastation of civilian lives," the UN human-rights office said Monday. Hundreds of civilians and military personnel have been killed recently after an upswing in fighting. THE ASSOCIATED PRESS

Kansas

Police officer says killer saluted Hitler at crime scene

A man accused of fatally shooting three people at Jewish sites in Kansas declared "Heil Hitler!" and asked how many Jews he had killed after the attacks, a police officer who was at the scene testified Monday. Frazier Glenn Miller, 74, is charged with capital murder with prosecutors seeking death penalty.

THE ASSOCIATED PRESS

Life's a beach: Hail storms surprise California

Pedestrians on the Huntington Beach pier look at a beach covered with hail after a passing storm on Monday in Huntington Beach, Calif. The National Weather Service says at least an inch of icy pellets coated the sand after the system roared ashore Monday morning. VICTOR M BRAVO/THE ASSOCIATED PRESS

Iraq. Military operation aiming to recapture town from Islamic State group

Backed by Iranian-supported Shiite militias, Iraqi forces launched a large-scale offensive Monday to retake Saddam Hussein's hometown from the Islamic State of Iraq and the Levant (ISIL) group, the first in a series of campaigns to try to reclaim large parts of northern Iraq from the Sunni extremists.

Previous attempts to capture the symbolic city have failed, and hours into Monday's operation, the military said it still hadn't entered Tikrit, indicating a long battle lies ahead.

Retaking it will help Iraqi forces secure a major supply link for any future operation to retake Mosul, Iraq's second-largest city which has been under militant rule since June.

State-run Al-Iraqiya television said that forces were attacking from different directions, backed by artillery and air strikes by Iraqi fighter jets. It said the militants were dislodged from some areas outside the city, but several hours into the operation, it gave no additional details.

U.S. military officials have said a co-ordinated military mission to retake Mosul will likely begin in April or May and involve up to 25,000 Iraqi troops. But the Americans have cautioned that if the Iraqis aren't ready, the offensive could be delayed.

THE ASSOCIATED PRESS

The town in question

Tikrit, the provincial capital of Salauhddin province, 130 kilometres north of Baghdad, fell to the Islamic State group last summer, along with Mosul and other areas in the country's Sunni heartland.

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Jordan joins Forbes list

Billionaires. Investment in Charlotte Hornets lifted NBA Hall of Fame player onto annual list

Michael Jordan and two other NBA owners have joined Forbes' annual list of the world's billionaires.

Forbes released its list of billionaires on Monday and noted that Jordan's net worth is estimated at $1 billion US, thanks to his well-timed investment in the Charlotte Hornets.

Michael Jordan.

Houston Rockets owner Leslie Alexander, with a net worth of $1.6 billion, and Chicago Bulls owner Jerry Reinsdorf, worth $1.3 billion, also made the list.

The net worth of NBA franchise values increased this past year after the sale of the Los Angeles Clippers to Steve Ballmer for $2 billion.

The 52-year-old Jordan, a Hall of Fame player who won six NBA championships with the Bulls, reached billionaire status last June, according to the magazine. This is his first year on Forbes' annual list, which is typically released in March. THE ASSOCIATED PRESS

The Top 10

1. Bill Gates, U.S.A. Net worth: $79.2 billion. Source of wealth: Technology company Microsoft Corp.
2. Carlos Slim Helu, Mexico. Net worth: $77.1 billion. Source of wealth: Telecommunications.
3. Warren Buffett, U.S.A. Net worth: $72.7 billion. Source of wealth: Investment holding company Berkshire Hathaway Inc.
4. Amancio Ortega, Spain. Net worth: $64.5 billion. Source of wealth: Retail chain Zara.
5. Larry Ellison, U.S.A. Net worth: $54.3 billion. Source of wealth: Technology company Oracle Corp.
6. Charles Koch (tie), U.S.A. Net worth: $42.9 billion. Source of wealth: Conglomerate Koch Industries.
6. David Koch (tie), U.S.A. Net worth: $42.9 billion. Source of wealth: Conglomerate Koch Industries.
8. Christy Walton, U.S.A. Net worth: $41.7 billion. Source of wealth: Retailer Wal-Mart Stores Inc.
9. Jim Walton, U.S.A. Net worth: $40.6 billion. Source of wealth: Retailer Wal-Mart Stores Inc.
10. Liliane Bettencourt, France. Net worth: $40.1 billion. Source of wealth: Cosmetics company L'Oreal.

Google takes to treetops

Google revealed images Monday taken by its Trekker device that shows what it's like to zip through trees in the Amazon jungle in South America. The images are the latest addition to the Google Maps Street View option. COURTESY GOOGLE/THE ASSOCIATED PRESS

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Wireless networks. Google to offer cellular services

Google will soon be offering cellular network plans.

Vice-president Sundar Pichai says Google, the leading Internet search engine and mobile software provider, is working with unnamed network operators on developing a cellular plan.

It will be announced in the coming months, according to Pichai.

Speaking at the Mobile World Congress wireless show in Barcelona on Monday, Pichai said, "We are at a stage where it's important to think about hardware, software and connectability together."

Pichai calls Google's plan to offer cellular services "a project" and insists that the Internet giant is not a threat to traditional telephone and Internet service providers.

"We don't intend to be a network operator at scale," he said.

THE ASSOCIATED PRESS

Credit cards

Costco strikes deal with Citi, Visa

Costco says it struck a deal for Citi to be the exclusive issuer of its co-branded credit cards in the U.S., with Visa replacing American Express.

American Express said its relationship with Costco expires March 31, 2016.

Costco has been accepting MasterCards at its Canadian locations since Jan. 1. THE ASSOCIATED PRESS

Market Minute

DOLLAR 79.78¢ (- 0.20¢)

TSX 15,264.05 (+ 29.71)

OIL $49.59 US (- 17¢)

GOLD $1,208.20 US (- $4.90)

Natural gas: $2.698 (- 3.6¢)
Dow Jones: 18,288.63 (+ 155.93)

Super Bowl ads. Bell goes to court over CRTC ruling

Canadians may not get to watch those pricey American Super Bowl ads on Canadian TV channels after all, if Bell gets its way.

Canada's broadcast regulator issued a ban earlier this year on the so-called simultaneous substitution of Canadian advertising over U.S. ads during the NFL final.

But Bell Media called the decision unfair Monday as it filed a motion with the Federal Court of Appeal seeking leave to appeal, saying the Canadian Radio-television and Telecommunications Commission acted in error.

Broadcasters have argued they need the simsub revenue generated by the ads to pay for the Canadian rights to air the Super Bowl.

The Super Bowl simsub decision directly affects only Bell in the immediate term because it holds the broadcasting rights to the game. THE CANADIAN PRESS

New England Patriots' Matt Light, centre, New York Giants' Justin Tuck, left, and Baltimore Ravens' Ray Lewis appear in a Super Bowl commercial for SoBe Life Water. COURTESY PEPSICO INC./THE ASSOCIATED PRESS

VOICES

ENJOYING THE SUNNY SIDE OF TRANSIT

Public transportation has its ills, but views of the mountains and a sense of community are among the reasons to smile during the morning commute

KIMBERLY JONES
calgary@metronews.ca

I used to travel on the bus from Killarney to Heritage Station every day for work. A highlight of my day was the amazing view of the mountains from the flyover from Crowchild to Glenmore.

On a clear day, at the right time, I would see the sunrise over the mountains. I'm not a morning person, but this never failed to put a smile on my face. Riding transit can give us an opportunity to experience the beauty of our city, sometimes from a different perspective. There are of course many people driving on that same flyover, but I hope they're paying attention to the road and not the view.

Our daily transit ride can cause us to interact with our fellow citizens and meet those we might otherwise not have had the opportunity to connect with.

My ride from Killarney to Heritage Station is just one example of the many small moments of beauty, joy and kindness that I see every day while riding transit.

Beauty can include the surroundings and the people. The view of downtown from the Northeast C-Train line, views of the mountains, the design details of some of the new West line stations, such as the copper roof at Sunalta Station, the cloud-like facade of the parkade at SAIT with Heritage Hall in the background, the light sculptures at city hall and Kerby West stations that welcome us to downtown, or the joy on people's faces when they see a smiling baby or a puppy on the train.

Riding transit can be filled with nice moments: Beautiful scenery, stunning views, chance encounters, or nice surprises like flowers on Valentine's Day, shown here in 2014. METRO FILE

Transit also give us a chance to act as a community and be kind to one another. Although there are of course instances of anti-social behaviour on transit, there are many other times when people stand to offer a seat to a senior citizen, a group of teenagers all say thank you to the bus driver as they disembark, someone helps out with an extra 50 cents for a passenger short on bus fare, or gives directions to a passenger unsure how to get to their destination.

In our quieter moments, transit can provide us with an opportunity to listen to a new album, read a book, do some homework, prepare for work, or even take some moments for reflection and thought. This ability for us to do other things besides focus on the act of travelling (which is taken care of for us) can give us some extra time in the day for ourselves.

Whether we are attuned to our surroundings and other passengers or simply taking the time to ourselves, travelling on transit can give us many moments to be kind to each other and to enjoy the beauty of our city. It can teach us about community, co-operation, and helping each other all while getting us where we need to go.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
calgary@metronews.ca

Kimberly Jones has lived in Calgary for 35 years. She is a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.

You can Meet a Muslim Family, but don't stop there

DEENA DOUARA
readers@metronews.ca

Ever wondered why Muslims don't eat pork? Dying to understand what "Allahu Akbar" really means? Well, thanks to a national campaign that launched Sunday, you can ask a real live Muslim near you these burning questions and more!

Ahmadiyya Muslims (a minority sect of Islam) will for the next couple weeks invite strangers into their homes to dispel misconceptions about Islam.

There are some obvious concerns with the Meet a Muslim Family campaign, encapsulated by this tweet: @ShebaSid: "I feel like the next step is a zoo full of Muslims. You can poke and prod us and coo at us. Throw us a piece of meat. #MeetAMuslimFamily #WTF"

As a Muslim myself, I can relate. But in the context of a country where many people — even in urban areas — find us no less exotic than wallabies (and considerably more violent), it's laudable that some in the community are being proactive.

Last week's outrageous incident of a Quebec judge refusing to hear a woman's case because she was wearing a head scarf demonstrates a need to educate the public on how the hijab, for example, is a bit different than sunglasses (and also not a sign of oppression — but that's for a different article).

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

However, a note of caution with these campaigns, illustrated with this anecdote:

In discussing a novel with a group of friends recently, I explained my shock at descriptions of Mennonite youth having sex, doing drugs and acting like "normal" rebellious teens. A friend interjected: "Oh no, they're not like that at all! I lived with one in university, and they are very strict and pure."

Hug me, I'm Muslim

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

My friend not only met a Mennonite, she lived with a Mennonite. And that is how she understands anything to do with them. The problem with Meet a Muslim Family is that no one person could possibly speak for a group that's composed of more than a billion and a half people worldwide. Some Muslim families pray together, others drink together. Some can take four hours explaining why we're meant to pray five times a day, others would say little more than, "It's one of the pillars."

While non-Muslims proactively seeking knowledge is noble, realistically, our communities cannot expect that. "Educate yourselves" is not a fair proposition. For better or worse, people develop impressions through those they know, and the onus is on Muslims to be open about their faith with neighbours and colleagues, mix in with other communities and be vocal in the face of false, misleading or offensive rhetoric.

So sure, go meet a Muslim. But what's better than knowing one Muslim is knowing more than one Muslim.

Deena Douara is a Toronto-based freelancer and communications consultant. @Deena_Do

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News flash: Cameron likes sex, hates Twitter

Newlywed Cameron Diaz has an exciting new workout routine for you to try, but just don't expect her to release a video for it. Diaz decided it was about time she took a firm position on the topic of sex.

"It's something healthy that we need to be doing for many different reasons," she tells Cosmopolitan. Also healthy? Exercise. "People say, 'My body rejects exercise.' No, it doesn't. Your mind rejects exercise." Whoa. Oh, and while she's imparting so much wisdom, Diaz also wants to talk about moderation.

"Well-being is an equation," she intones. "Remember, you don't have to have the whole cake, you can have a piece." So go ahead, eat that piece of cake.

But it's not all positivity and sunbeams in Diaz's latest treatise on the lives of the healthy. She also admits there are some things she doesn't like. For instance, Twitter.

"I think social media is a crazy-ass experiment on society," she says. "The way people use it to get validation from a bunch of strangers is dangerous. What's the point?" Says the woman on the cover of a magazine talking about her sex life.

What it takes to get Kanye to Oxford

Kanye West gave a lecture at Oxford University Monday because obviously, right?

He's all about the speeches these days. But what did it take for the Oxford Guild Business Society to get Yeezus at the lectern?

"Many hours negotiating against the odds," according to Guild chairman Abbas Kazmi. But was it worth it?

According to live-tweeting by students attending the event, totally. He offered some gems like, "Why I say the Matrix is like the Bible and what is my definition of the Matrix?" and "We have the ability to approach our race like ants, or we have the ability to approach our race like crabs." Oh, and: "Obama calls the home phone, by the way."

Taylor Swift ALL PHOTOS BY GETTY IMAGES

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

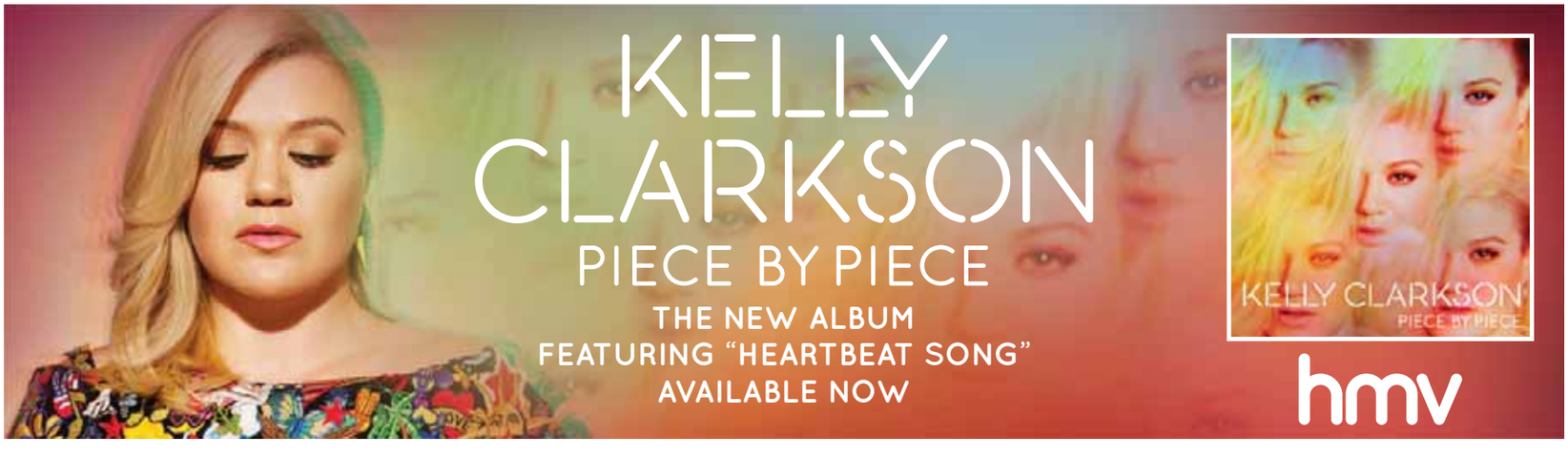
Baby helps Swift shake off Perry beef

Taylor Swift has a new job. Jamie King took to Instagram to announce that she'd nominated the Shake it Off singer to be the godmother of her second, yet-to-arrive child. "Taylor Swift will forever be watching over our new baby," King wrote. Swift herself posted a photo of communing with King's pregnant tummy.

And it's good that Swift has a new gig, since she's apparently shying away from her old job of feuding with Katy Perry. In a lengthy chat with the Telegraph, Swift vows not to mention Perry anymore, so stop bringing her up, OK?

"I'm not giving them anything to write about," she says when asked about Bad Blood, her song allegedly about Perry. "I'm never going to talk about her in my interview. It's not going to happen."

Fine, whatever. But she will talk about her love life. Or the lack thereof. "I'll probably still be single" at 30, she predicts. "Let's be honest. No one's going to sign up for this and everything that goes with it. 'Hi, nice to meet you, want a date? Do you love camera flashes? I hope you do!' I don't know what's going to happen if I'm ever content in a relationship — no idea how that's going to work. I don' t even know if that's possible with the life I have."



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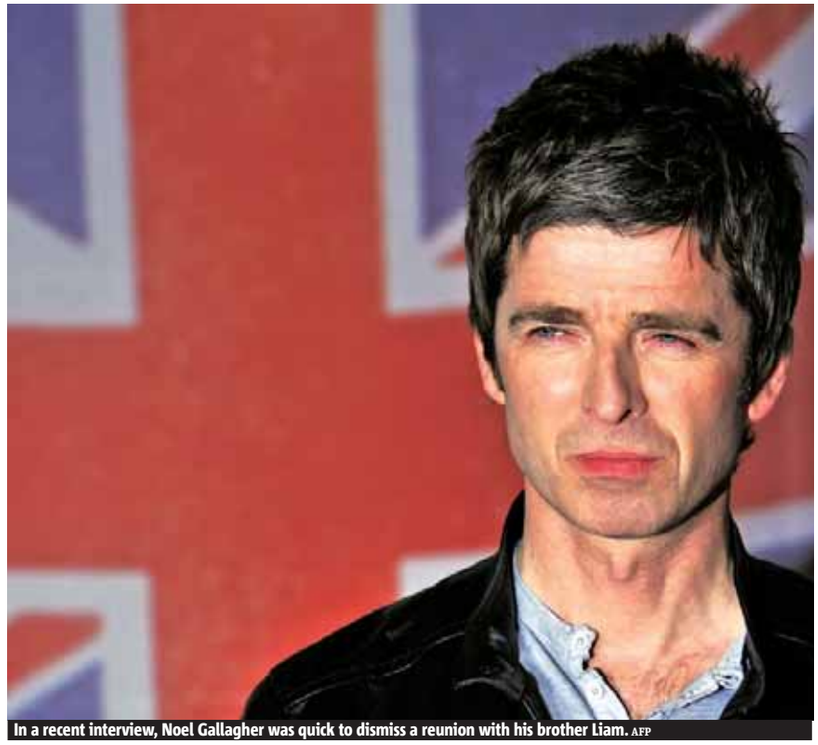

In a recent interview, Noel Gallagher was quick to dismiss a reunion with his brother Liam. AFP

Looking to the future by Chasing Yesterday

New album. Former Oasis man Noel Gallagher is loving life as a solo artist

Former Oasis star Noel Gallagher is putting his past behind him, releasing a new solo album, ruling out a reunion with his brother Liam and even being nice about one-time arch-rivals Blur.

Oasis split five years ago after nearly two decades of fractious sibling rivalry between guitarist Noel and his younger brother Liam, the band's frontman.

"I haven't seen him for about five months but we text quite a lot.

"It's usually him insulting me," laughs Gallagher, during an interview in London.

Liam's post-Oasis band Beady Eye recently broke up as well but he is quick to dismiss any suggestion of a reunion with his 42-year-old brother.

"The answer is no," he says.

His new album Chasing Yesterday, his second since the band split, is released on March 2 and features his signature combination of layered guitars and elliptical lyrics.

The star is full of enthusiasm for the life of a solo artist.

"It's more rewarding, it's more fulfilling. I like being in charge of everything," he says.

"I just write songs and I collect the songs together and I make an album out of them."

Gallagher is now a 47-year-old family man with three children who is more likely to be found watching his beloved Manchester City than indulging a rock 'n' roll lifestyle.

His legendary bile towards musicians whose work he does not rate has not diminished with age.

"Beyoncé, not for me. My wife loves her but she's got no taste. Katy Perry? Even my daughter hates her and she's 15. Sam Smith? Not for me," he says.

"Traditional rock stars are like wild animals — Mick Jagger or my brother," he adds.

"They don't give a f—. Modern rock stars, Alex Turner (of Arctic Monkeys) or Sergio from Kasabian, they do give a f—, they care about their hairstyle, they care about what they think."

He is more forgiving towards Oasis's old Britpop rivals Blur, who this month announced their first new album in 12 years, The Magic Whip.

"I think it will probably be very good if it in any way represents what Damon (Albarn, Blur's frontman) has been doing recently," Gallagher says.

"Old groups are great but what really lets old groups down, they don't f—ing write good songs any more."

He does not even rule out working with Albarn in future.

"I would like to. We're both gonna be busy boys for the next couple of years. But you never know," he says.

AFP

Quoted

"It's more rewarding, it's more fulfilling. I like being in charge of everything."

Noel Gallagher on working as a solo artist post Oasis

Fertility myths debunked

Trying to get pregnant? An expert sets the record straight on a few widespread misconceptions

EMILY LAURENCE
Metro in New York City

Educate yourself about fertility before you try to have a baby. ISTOCK

Whether you're trying to get pregnant now or you want to have kids in the far-off future, educating yourself about fertility can only help your case. "If you want a good outcome, you need to be thoughtful about what information out there can help you," says Dr. Jamie Grifo, director of the New York University Fertility Center and co-author of The Whole Life Fertility Plan. Here, he helps expose some myths surrounding fertility.

Myth #1: Being on the pill now will hurt your chances of getting pregnant later.

Dr. Grifo says this is a huge misconception people have for two reasons. The first is that it can take anywhere from three months to a year for a woman's menstrual cycle to get back to normal.

"It's harder initially (to conceive), but there's no measurable impact on fertility," Dr. Grifo says.

"Another reason for this myth is that a lot of women are on the pill until their late 30s and then have trouble getting pregnant," Dr. Grifo says. "But the pill has nothing to do with it. They'd have the same problem if they had never been on the pill. (It's really because) it's harder to get pregnant after a certain age."

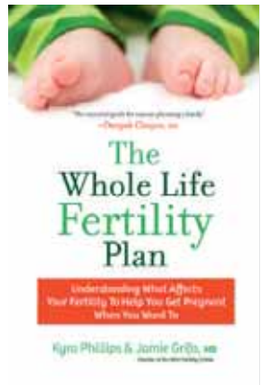
Over 30? Now is the time start thinking about pregnancy

"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant."

Dr. Jamie Grifo, co-author of The Whole Life Fertility Plan

Myth #2: You shouldn't think about fertility until you're absolutely ready to have a baby.

If you are a woman over 30, Dr. Grifo says you need to start thinking about if and when you want to be a mom now, when there are more options available to you.



"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant," Dr. Grifo says.

Simply educating yourself about fertility is a good place to start. Then you can start weighing your options, such as if you want to freeze your eggs so you can be your own egg donor later, when you are ready to have a child, though there are several other options as well.

Myth #3: Drinking alcohol will hurt your chances of getting pregnant.

Good news — Dr. Grifo says having three or four glasses of wine a week isn't going to hurt your eggs. Things that may negatively impact your fertility include smoking and too much junk food.

"It's more about treating your body with respect and common sense," Dr. Grifo says, stressing the importance of eating a balanced diet rich in protein and healthy fats, as well as regularly exercising.

Hearing

Your jam could be bad for your ears, WHO says

More than one billion young people risk damaging their hearing through listening to loud music, the World Health Organization (WHO) said on Friday.

The WHO estimates that around half of those between the ages of 12 and 35 in middle- and high-income countries are at risk due to unsafe levels of sound on personal audio devices or smartphones.

Another 40 per cent are at risk from damaging audio levels at concert venues and night clubs.

"More and more young people are exposed to unsafe levels of sounds. Young people should be aware that once you lose your hearing, it won't come back," said Shelley Chadha, a WHO specialist on hearing impairment.

To counter the risks, the WHO recommends personal audio devices not be used for more than an hour a day, and used at reduced sound levels.

The use of earplugs in loud conditions and regular checkups were part of the recommendations as well.

The WHO also wants governments to play a role by imposing strict regulations on noise in public places. AFP

Listen with care, says WHO. ISTOCK

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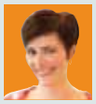
Healthy eating

Peachy keen on benefits of canned food



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Is canned food allowed back into your healthy gourmet kitchen?

As February was National Canned Food Month and this month is Nutrition Month, I see no reason why the two can't get along.

I already know that I love peaches. I have since I was six, and waiting 11 months for my fix isn't fair, so I do put canned peaches through their paces especially this time of year.

Canned peaches deliver a promising amount of nutrients that are actually enhanced by the canning process. Vitamin A, folate, lycopene and some anti-oxidants are made more bio-available by the heating and canning process. But the truly impressive nutrient is vitamin E.

Vitamin E is a fat-soluble, anti-inflammatory, anti-aging nutrient that is usually associated with nuts and seeds. And while those little nuggets are great for you, a small handful is all you can eat each day because of their caloric punch. Fruit sources, on the other hand, can be layered in without worry and consumed in satisfyingly high amounts.

There is even support that the canning process actually enhances the eye-protecting nutrients of leutin and zeaxanthan, and we know lycopene (present in high amounts in peaches), which helps prevent prostate cancer, benefits from the heating of tomatoes into sauce.

There's no need to wait for fresh peach season when canned peaches pack such a nutrient-rich punch. ISTOCK

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Peaches get saucy with pork tenderloin

This recipe serves four. TERESA ALBERT

30 minutes to dinner. Peach sauce turns a curried pork tenderloin into a sweet surprise

Directions

1. Place pork tenderloin in a large freezer bag, combine curry and chili powders, one clove of garlic and olive oil and rub well. Set aside on counter for a few minutes or place in fridge to marinate for up to 24 hours.

2. In a small pot, combine juice from clingstone peaches (but set aside peaches themselves until later), wine, vinegar and remaining garlic. Bring to a boil and simmer to reduce into a sauce for 10-20 minutes. Stir in peaches and keep warm until pork is cooked.

3. Empty pork into a casserole dish and bake at 400 F for 20 minutes until cooked through to 130 F. Add peach sauce and cook for 5-10 more minutes. Garnish with pea shoots or other herb greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 -1.5 pound pork tenderloin cut into 4 equal pieces
- 1 tbsp curry powder
- 1 tsp chili powder
- 2 cloves garlic, minced and divided
- 1 tbsp extra virgin olive oil
- 1 can clingstone peach slices, juice reserved
- 1 cup sweet white wine
- 1/2 cup apple cider vinegar
- Pea shoots for garnish, optional

CONTINUING EDUCATION

Profit from learning at MRU

There are more than 170,000 non-profit and charitable organizations in Canada, making it one of the largest sectors of the Canadian economy.

Mount Royal University's online non-profit management program is designed for those working in the non-profit sector or those with an interest in the sector.

"These organizations focus on every aspect of life in Canada and throughout the world," says Judy McMillan-Evans, instructor MRU, and owner and founder of McMillan-Evans Consulting. "A person can totally align their personal values with their passions in this sector."

MacMillan-Evans says the program has been designed for the seasoned non-profit employee who has aspirations of management, for those in middle management, and those wanting to enter the non-profit sector and grow into a management position.

CONTRIBUTED

"There are many differences between the for-profit and the non-profit world that many who shift from one to the other struggle with the transition because of the radical differences in how organizations are structured and how they are managed," McMillan-Evans says. "In the non-profit sector there are levels of accountability that do not exist in the for-profit world. If someone wants to develop a management career in non-profit, this program is a shoe-in."

The program covers the full array of management skills, from financial management to strategic and business planning and is a one-of-a-kind program in Canada. Students will learn about legal structures, marketing, financial management, program planning and evaluation, organizational planning, fund development, and engaging with volunteers.

It also teaches basics of law, ethics, and sponsorship, from the not-for-profit perspective.

"I sure wish this program had existed when I first entered the non-profit world as a young adult," McMillan-Evans says. "Learning everything the hard way was stressful and full of land mines. This program allows the participants to learn from the instructor and from each other, it can't get much better than that."

For more information about this program, visit conted.mtroyal.ca/nonprofit.

UNIVERSITY OF CALGARY
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"I've been able to take everything I've learned in my seminars to the workplace, and sometimes into my personal life."
Diana Mawji. Graduate.
Certificate for Emerging Leaders
good thinking.

Business Seminars

This winter, take these seminars on their own or towards the Certificate for Emerging Leaders. Most sessions run from 8:30 am to 4:30 pm and include lunch. Don't be disappointed. **Enrol early.**

Looking for group training opportunities? All of these seminars can be adapted to corporate training sessions. To learn more, call 403.220.2988.

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Good Writing is Good Business
Course: BUS 258
May 13 | $355 + GST

Financial Analysis and Planning for Non-Financial Managers
Course: BUS 120
May 28 - 29 | $589 + GST

Coaching to Lead
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Course: BUS 264
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May 27 and 29 | $589 + GST

Dealing with the Difficult Conversation
Course: BUS 128
Jun 5 | $355 + GST

Fundamentals of Supervision
Course: BUS 146
Jun 9 - 11 | $795 + GST

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GRADUATE AS A FULLY-QUALIFIED HCA

Health-care aide (HCA) graduate Maria Conchita Romaro decided to enrol at Alberta Business and Educational Services (ABES) to learn how to provide the same quality care for the elderly as she would like her parents to have.

Maria Conchita Romaro

"I learned from my clinical how to be more patient for elderly people, and also how to communicate with other people from different places," Romaro says.

For Romaro, sharing her experiences at ABES is important to help others who may be looking for a better future, like she was before enrolling in the program.

"ABES helped me to learn all the ways and techniques to become who you are as an HCA," Romaro says.

Throughout the 21-week program, students can become fully qualified to work in a hospital, nursing home, group home, or care facility as an HCA.

Students who complete this program will earn the Government of Alberta health-care aide certificate to qualify as a Calgary health-care aide.

Romaro recommends this program to others, including her sister, who is set to start the program. She points to the quality of instructors and their desire to see their students succeed both in the classroom and out in the workforce. "ABES staff really care if their students succeed and they help students no matter what," Romaro says.

SHUTTERSTOCK

ABES uses both classroom instruction and hands-on clinical training to give graduates the confidence and experience they need to enter the workforce. By the time they graduate they will have completed at least three clinical rotations arranged throughout the program.

And for students like Romaro, these clinical rotations can mean employment opportunities right out of the gate.

"I got a job offer right out of my practicum and I am so happy I chose ABES," Romaro says.

For more information, visit abes.ca.

PARTNERSHIPS

ABES runs in partnership with Alberta Health Services, Calgary Lab Services, Alberta Human Services.

ABES runs 13 intakes for the health-care aide program each year. The program is also offered as an evenings and weekends program. The health-care aide program also offers a bridge to an LPN training program if you would like to continue your education.

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ABM helps you get job ready

The job market can be difficult to navigate for many individuals, but especially challenging for those who are new to Canada.

For ABM College students who are new to the Canadian job market — and even those who are not — ABM ensures all graduates leaving the college are prepped and ready to succeed in their fields of study.

"Our graduates have the tools they need to go out and get busy in the job market," says Muriel Shewchuk, RN, health-care aide instructor and quality co-ordinator, ABM.

Shewchuk says that interview preparation is a big part of the training offered at ABM, as it helps students to transition more smoothly outside of the classroom and into the workplace.

Through the four-hour, in-class training, students learn how to prep for interviews, how to dress, and what to say or not to say.

"It is not just about a student's skills, but their attitude, behaviour and timeliness in the workplace," Shewchuk says.

Students may also take part in resumé preparation and practice interviews.

ABM students also complete hands-on practicums to put their skills to the test in a real working environment, which can also occasionally lead students to employment after graduation.

For more, visit abmcollege.com.

MEETING WORKPLACE DEMANDS

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SHUTTERSTOCK

Academy of Learning Career College provides individuals with the training they desire without having to wait until September.

The Academy of Learning meets the needs of students, as well as the employers who hire them.

"Academy of Learning always strives to meet the demands of the marketplace, meeting employer needs with skilled graduates seeking rewarding careers," says Charles Jarvis, general manager, Academy of Learning.

To meet the demands of the market, Academy of Learning is offering students two new programs, including the community service worker with addictions worker specialty.

"This program is perfect for the current workforce, taking students less than a year to complete, and providing necessary skills to work in community and support work," Jarvis says.

These trained professionals assist clients to deal with personal and social problems. Graduates program may be employed by social service and government agencies, mental health agencies, group homes, shelters, substance abuse centres, school boards, correctional facilities, and other establishments.

Academy of Learning is also introducing a new computer business applications program that is designed to provide essential business and office skills, and computer applications for administrative positions in a wide variety of fields and companies.

For more information, please visit academyoflearning.ab.ca.

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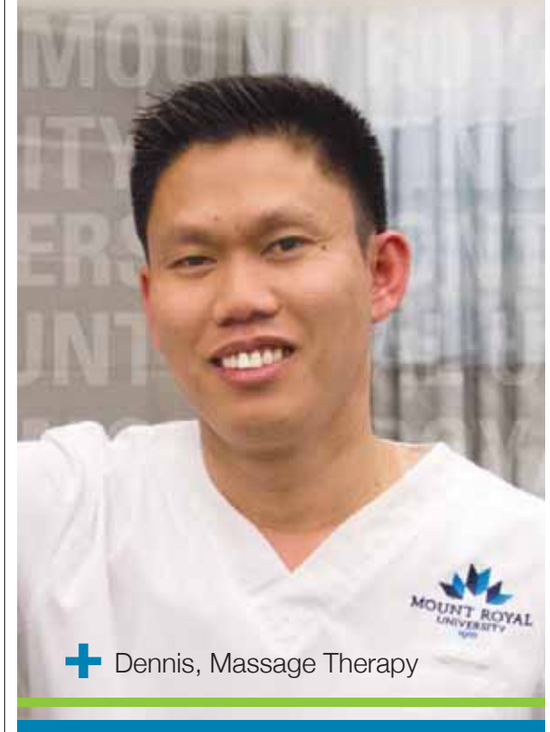

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ROBERTSON WORKS FOR YOU

Online learning is an important option for people since they may have family, work or other commitments that don't allow them to take traditional classroom courses.

Programs offered through Robertson Online allow people with different learning styles to find what works for them online.

"It allows students the flexibility to continue working while studying for a new career or to upgrade their skills in their current position," says Audrey Blatz, director of Robertson Online. "Whether you are mid-career or just starting out, Robertson Online can help you get the education you need to advance your career or find a new one."

Robertson Online recently added a new business administration program, as well as the project management and logistics supply chain management program.

"There were many requests for students looking to study business administration online," Blatz says. "This program will help you gain a more comprehensive understanding of key business functions like accounting, human resources, marketing and more."

REGISTRATION NOW OPEN

Registration for Robertson Online's three new programs starting March 30 is open.

Online students are also able to access Robertson College's lifetime career services any time after completing one of Robertson's programs.

Robertson College graduates more than 2,500 students every year.

Students will also learn what it takes to work in government, private and not-for-profit organizations.

The logistics and supply chain management program gives students the general business knowledge to work in the supply chain sector. Graduates will be qualified for employment as operations managers, shippers/receivers, purchasing and inventory clerks, purchasing managers, retail and wholesale buyers, to name a few.

CONTRIBUTED

And the new project management program can teach the skills needed to effectively manage projects and project teams, all through the convenient schedule of online learning.

Financial aid is available for students of most Robertson Online programs

"Robertson College has financial aid officers who will walk you through all the options," Blatz says. "There is a solution for every situation and scholarships are also often available."

For more information or for list of online programs, visit robertsoncollege.com/irobertson-online-training.aspx.

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uLethbridge offers options

The programs and courses at the University of Lethbridge Calgary campus have been designed with the working adult in mind.

With a variety of courses and programs in the fields of social sciences to the fine arts, uLethbridge offers a wide range of options for people who want to further their education while keeping their day jobs.

"Classes are scheduled in the evenings and/or weekends to allow students to maintain full-time employment during the day while studying at night," says Dana Corbin, manager, Calgary campus, uLethbridge. "This is a very attractive model for any student who wishes to further their career, or even switch career objectives, without sacrificing the high-touch element of the typical daytime in-person (professor and student together in the same space) class experience."

The Calgary campus of uLethbridge is one of the few institutions in Calgary that offers a complete in-class baccalaureate program in the evening and weekends.

Students have up to 10 years to complete their degree or five years to complete a certificate or professional diploma in accounting.

"It's the place you want to study when you feel that your current skills aren't taking you where you want to be professionally, but you cannot afford to quit your day job to upgrade your skills within the exciting world of management education," Corbin says.

CONTRIBUTED

This was the case for uLethbridge alumni Joseph Clohessy, who enrolled in the general management certificate because he wanted to upgrade his skills and prepare for an MBA without leaving his current job.

"At first it was tough heading back into a classroom setting, but the instructors were great with making everyone feel comfortable and the smaller class size helped," says Clohessy, general manager of the Calgary Marriott Downtown Hotel. "The ease of the downtown location along with the quality of the instruction is why I recommend the programs at the uLethbridge Calgary campus."

For more information, visit uleth.ca/calgary/degree-programs.

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HOW TO BECOME A BETTER LEADER

WITH UNIVERSITY OF CALGARY

When it comes to knowing what separates a good supervisor from a bad supervisor, University of Calgary continuing education instructor Kathleen McAuley knows.

A specialist in management development, McAuley, who has both a bachelor's of administration and a master's of continuing education, has shared this knowledge with continuing education students for more than two decades in the always in demand, three-day business seminar, fundamentals of supervision.

Heather Andrews

According to McAuley, an effective supervisor is one who builds trust in all workplace relationships, develops the capacity of their employees, stretching them to do things they didn't know they were capable of while not causing them stress, provides feedback, and examines their own performance to evaluate what they are doing well and where they can improve.

"Supervision is a tough place to be, mostly because you simply aren't always able to please everyone affected by your decisions," McAuley says.

McAuley points to three indicators where a supervisor's skills may need fine tuning — working too many hours, seeing a high turnover of staff, or sensing strained relationships with staff or peers.

"Most students enrol in this seminar because they want to be strong leaders," McAuley says. "They come from very diverse backgrounds, but have similar needs."

McAuley says they use case studies from various fields, which can result in some rich discussions and excellent opportunities for learning.

SHUTTERSTOCK

"Students don't learn only from me, but also from self-assessment and their discussions with peers," McAuley says. "They leave feeling empowered and equipped to make changes."

Heather Andrews, a recent graduate of continuing education's certificate for emerging leaders (a certificate that requires 98 hours of learning through business seminars) is one of the thousands of students who value the knowledge they have gained from this seminar. Students do not need to be enrolled in the certificate to take this seminar.

"Fundamentals of supervision was the first seminar towards my certificate," says Andrews, who supervises 60 people. "It turned out to be a really great foundation."

The next session of fundamentals of supervision runs June 9-11 at the University of Calgary main campus.

For more about this continuing education business seminar, visit conted.ucalgary.ca.

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Whether you are looking to pursue a career in the art of photography, or just get more pleasure out of creating photographs, there are a number of photography course available through Mount Royal University continuing education to help you achieve these goals.

"What we try to do with the photography program at Mount Royal is to give the students a solid foundation in the basics of which will take them on to an appreciation and enjoyment of photography," says Tracy Elliott, continuing education instructor. "Then they can move into more specialized areas based on their interests."

MRU offers a number of different areas of study, including sports, close-up, black and white, landscape, and portrait.

"These courses will help aspiring photographers learn the fundamentals, which will give them a good start when moving forward into a career in photography," Elliott says. "They also get experience shooting in different situations, which gives the student practical experience using their camera."

Elliott says knowing your camera and being able to take good photographs are both important parts of becoming a photographer. But to become a successful professional photographer, it's more than just about the gear.

"To rise above the crowd you need more than a nice camera," Elliot says. "Good photographers know how to talk to people, how to solve problems, and how to handle stressful and complicated situations."

Along with learning the technical skills of photography, students are also able to explore the business aspects involved in starting a career in this field.

Aspiring photographers can enrol in one of the many popular photography courses that are available on their own, or they can earn a certificate of completion.

There are optional weekend workshops in the mountains and the Badlands.

For more, visit conted.mtroyal.ca/photography.

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Flames staying the course without captain

NHL. GM Treliving careful not to disrupt rebuild by trading Baertschi, Glencross

Mark Giordano had a career-high 48 points — a best among NHL defencemen this season — before suffering a season-ending injury. BRUCE BENNETT/GETTY IMAGES

Rocked by a season-ending injury to Mark Giordano but with Calgary in a playoff spot, Brad Treliving's first NHL trade deadline as general manager of the Flames was a unique one.

In the end, admitting you just can't replace a player of Giordano's calibre — team captain and Norris Trophy candidate — Treliving opted to mostly stay the course with his rebuilding hockey club other than two deals, neither of which were entirely unexpected.

Giordano suffered a torn biceps muscle in an incident near the end of the Flames' 3-1 win in New Jersey on Wednesday. He went down awkwardly after getting twisted off balance while attempting to fire the puck down the ice.

The team had not updated his condition as medical evaluations continued but most feared the worst when he was placed on injured reserve with four games to go on their eastern road trip and sent back to Calgary.

"It's ripped all of our guts right out, that's what it's done," said Treliving from Philadelphia, where the Flames front office had been since Friday. "It's been as devastating on him as it's been to all of us."

At the time of the injury, Giordano led all NHL defencemen with a career-high 48 points (11 goals, 37 assists).

"You don't replace Mark Giordano. You just don't do that today. The urgency to do something, you have to match that with the calmness of not overreacting and all of a sudden doing something that you're making a big mistake," Treliving said.

Calgary's lone trade on Monday was dealing away disgruntled 2011 first-round draft pick Sven Baertschi, sent to the Vancouver Canucks for a second-round draft pick in 2015.

The most significant move, and one that came as no surprise, was trading 32-year-old pending unrestricted free agent Curtis Glencross to the Washington Capitals on Sunday.

The Flames have 20 games to go and claimed 27-year-old defenceman David Schlemko off waivers from Dallas on Sunday to soak up some of Giordano's minutes.

THE CANADIAN PRESS

Quoted

"To think that Mark's leaving our lineup and we're going to go out and replace him today, that's fool's gold."

Flames general manager Brad Treliving on replacing Mark Giordano via trade

Monday movement

• Minnesota **F J.Knight**	Boston **F Z.Phillips**	
• Anaheim **F M.Sgarbossa**	Colorado **D M. Clark**	
• Anaheim **F K.Holzer**	Toronto **D E.Brewer** **2016 5th rounder**	
• Anaheim **D J.Wisniewski** **2015 3rd rounder**	Columbus **F R.Bourque** **F W.Karlsson** **2015 2nd rounder**	
• Boston **F M.Talbot** **F P.Carey**	Colorado **F J.Caron** **2016 6th rounder**	
• Vancouver **F S.Baertschi**	Calgary **2015 2nd rounder**	
• Minnesota **F C.Stewart**	Buffalo **2017 2nd rounder**	
• Pittsburgh **D B.Lovejoy**	Anaheim **D S.Despres**	
• Montreal **F T.Mitchell**	Buffalo **F J.Nevins** **2016 7th rounder**	
• St. Louis **F O.Jokinen**	Toronto **F J.Lindstrom** **2016 6th rounder**	
• Arizona **G D.Leggio**	N.Y. Islanders **F M.Louis**	
• Minnesota **D J.Leopold**	Columbus **D J.Falk** **2015 5th rounder**	
• Vancouver **F C.Conacher**	N.Y. Islanders **F D.Jeffrey**	
• N.Y. Islanders **G M.Neuvirth**	Buffalo **G C.Johnson** **2015 3rd rounder**	
• Colorado **F F.Hamilton**	San Jose **D K.Stollery**	
• Pittsburgh **D I.Cole**	St. Louis **D R.Bortuzzo** **2016 7th rounder**	
• N.Y. Islanders **F T.Kennedy**	San Jose **2016 3rd rounder**	
• Detroit **D M.Zidlicky**	New Jersey **2016 3rd rounder**	
• Montreal **F B.Flynn**	Buffalo **2016 5th rounder**	
• San Jose **F B.Smith** **2017 7th rounder**	Chicago **F A.Desjardins**	
• St. Louis **D Z.Michalek** **2015 3rd rounder**	Arizona **F M.Letunov**	
• Montreal **D J.Petry**	Edmonton **2015 2nd rounder** **2015 5th rounder**	
• Tampa Bay **D B.Coburn**	Philadelphia **D R.Gudas** **2015 1st rounder** **2015 3rd rounder**	
• Boston **F B.Connolly**	Tampa Bay **2015 2nd rounder** **2016 2nd rounder**	

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
With luck planet Jupiter so strong in your chart this has to be one of the best times of the year for you. No matter how many occasions you have failed in the past you will succeed now.

♉ Taurus
April 21 - May 21
Don't listen to your own doubts and fears today because they will cloud your mind and prevent you from reaching your true potential.

♊ Gemini
May 22 - June 21
You will make an important decision today, quite possibly the single most important decision you will make for months to come.

♋ Cancer
June 22 - July 23
If anyone tries to push you around or force you in a direction you don't want to go they will soon learn the error of their ways. You are in no mood to take nonsense.

♌ Leo
July 24 - Aug. 23
You will go your own way today, and the more others try to persuade you to cautious the more risks you are likely to take.

♍ Virgo
Aug. 24 - Sept. 23
The more you try to break free of restrictions the more they seem to hold you back. Make an extra special effort to regain your independence.

♎ Libra
Sept. 24 - Oct. 23
You won't hesitate to get involved in some kind of dispute today, even if it has nothing to do with you. Make sure you know your facts.

♏ Scorpio
Oct. 24 - Nov. 22
If you feel the need to change the way you do things now is the time to be a bit more adventurous and try out new methods and routines.

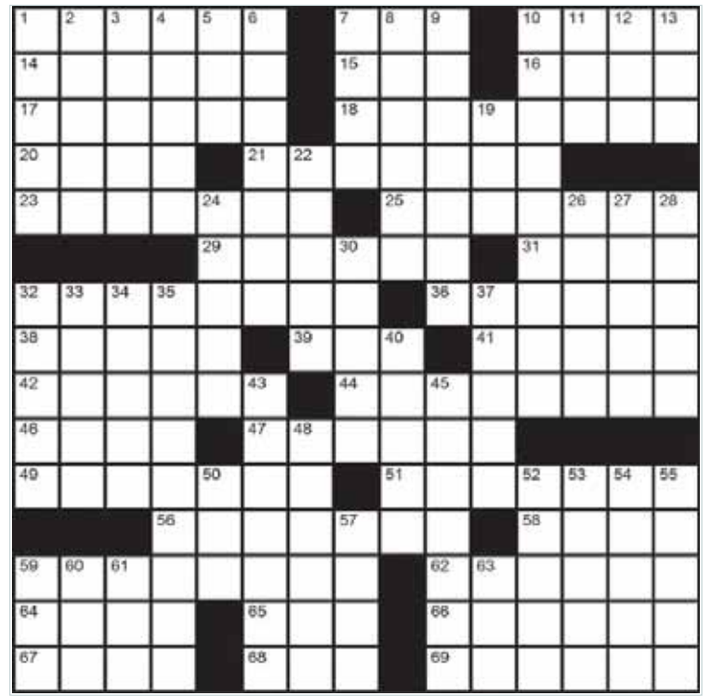
♐ Sagittarius
Nov. 23 - Dec. 21
No matter how many barriers or obstacles you have to deal with today you will overcome them all with ease. It's not often it's as good as this, so make the most of it and do something special.

♑ Capricorn
Dec. 22 - Jan. 20
Some kind of upheaval will take place today. However, this particular upheaval comes with an opportunity attached. You could make some money.

♒ Aquarius
Jan. 21 - Feb. 19
Someone wants to repay you for all the kindness you have shown. It will make them feel good to do you a favour.

♓ Pisces
Feb. 20 - March 20
You know what you want and you know how to get it and anyone who stands in your way won't be standing for long. Every now and again you go right the other way and just take what you desire.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Muscle cramps
7. Male swan
10. Yukon village near the Alaska border
14. Quieten: 2 wds.
15. Mr. Vigoda
16. Exterior tap connection
17. Amusement gallery
18. "__ __ Door" (Canadian children's show)
20. Tilt
21. Of superior quality
23. From one side only in law: 2 wds.
25. Mould makers
29. Decorative
31. Verifiable
32. Ones who rudely make their way through crowds
36. Lion, when communicating
38. Outlandish
39. "Sure."
41. LED = Light-Emitting __
42. Abrupt arrival
44. Heeled hero
46. Pond guck
47. Stellar
49. Artist's 'eggy' painting
51. Logging-on names, e.g.: 2 wds.
56. Idina Menzel's role in Broadway musical Wicked
58. Send forth
59. Big quantity
62. Cheap
64. Press
65. Hour: Italian
66. Halifax singer, Rich __: His current album is called 'Ephemeral'
67. Ski lift
68. Hippy-protested war
69. "The Apprenticeship of Duddy Kravitz" (1974) character

Down
1. Sedimentary rock
2. Laundry detergent brand
3. Guild for songwriters, e.g.
4. First two syllables of Woodstock's doo-wop group
5. Earth-turned-wet
6. Phantom
7. Organized†crime boss
8. Orchestra member
9. Hudson Bay archipelago, __ Islands
10. __-__ Aviation (Corporate air charter provider in Saskatchewan)
11. Fall asleep, with Off
12. Mount __ (Volcano of Japan)
13. Become
19. Particular parrot
22. British actor Mr. Cavill
24. Theatrical gigs
26. Mr. Flynn
27. Montreal: Mountain Street = __ __ la Montagne
28. Parched periods
30. "Why don't you take _ __?" (There are chairs everywhere)
32. Beam
33. Weight amount
34. Play the ukulele
35. Alberta: Grande Prairie's bird symbol, __ Swan
37. Swan Lake character
40. Exfoliating facial cleanser
43. Sea hunter's weapon
45. Can give input to the decision: 3 wds.
48. Northern Africa expanse
50. Building wing
52. Treat the sprain once more
53. "__ __ in Love" by 10cc
54. 7, 8, or 9
55. Songwriting team, Cahn-__
57. Eve's beau
59. Objectionable word
60. Royal symbol
61. Toronto attraction, __ Khan Museum
63. Phone's 8 letters

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2	1			5			
6		4	2	8				
9	3			4		7		
	4		8					1
	6	8		7		2	4	
7					6		9	
		3		6			5	8
				3	4	1		6
			5			9	3	

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Yesterday's Sudoku

4	3	6	1	5	7	9	8	2
7	5	1	2	8	9	4	3	6
2	9	8	4	3	6	1	7	5
9	6	2	7	1	4	8	5	3
5	7	4	3	9	8	6	2	1
8	1	3	6	2	5	7	9	4
1	4	5	9	7	3	2	6	8
6	8	7	5	4	2	3	1	9
3	2	9	8	6	1	5	4	7

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Mariel and Lauren Armstrong are the founders of PARTYSKIRTS by SKOT Apparel. Wearing (left) Derek Cardigan 7033 Burgundy and (right) Love L770 Tokyo Tortoise

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